



ONLINE LEARNING: Building Psychological Immunity During the Coronavirus Outbreak

No one could have imagined that the Spring Festival of 2020 was destined to be unusually remembered because of a sudden outbreak—the new coronavirus pneumonia. This unprecedented outbreak has very quickly been declared a public health emergency, leading to complete lockdown in the province and high levels of fear, shock, anger and frustration. Whilst the extended holidays have provided the opportunity for home confinement and safety, the imminent return to work has led to many feeling unsure about how to confront the upcoming uncertainty of returning to work, evoking feelings of distress and anxiety about what to expect and how to adapt to the current situation.

We want to help support you during this time and will be delivering a customised online session focusing on ways you can 'Build Psychological Immunity During the Coronavirus Outbreak'. We will identify and acknowledge the emotions you may be experiencing and practical suggestions for coping during this time.

The webinar will address:

- Understanding the stress response during the outbreak
- Learning ways to increase your psychological immunity
- Discovering practical strategies to help cope
- Considering organisational sensitivity to the impact of the outbreak
- Learning what resources are available for support

This webinar was recorded on 2/17/2020. To watch the recorded webinar please click on the English

Session link below:
[ENGLISH SESSION:](#)

HelpNet EAP Counselors can help you address issues affecting your mental and emotional well-being.
Call 1-800-969-6162 to schedule your confidential counseling session